

**ORDER REGULATIONS DEFINING THE RULES OF CONDUCT  
IN CONNECTION WITH THE ONGOING STATE OF THE CORONAVIRUS PANDEMIC  
CAUSING THE COVID-19 DISEASE.**

During the ongoing state of the coronavirus pandemic, the following rules of conduct shall be introduced in connection with the participation of staff, students and PhD students in organized didactic/laboratory classes.

- 1) Only a healthy person, with no symptoms suggesting the COVID-19 infectious disease (coronavirus), may participate in organized laboratory/didactic classes.
- 2) People who plan to participate in organized laboratory classes should be aware that in the event of developing disturbing health symptoms such as: shortness of breath, elevated temperature (body temperature between 37°C and 38°C), "flu-like" symptoms including: fever, cough, shortness of breath, muscle aches, trouble with breathing, **should not** come to the University and take part in organized laboratory classes. They should stay at home and contact the primary care physician (PCP) by phone or the sanitary and epidemiological station or the infectious diseases ward of the local hospital. The primary care physician, after the medical interview and if deemed necessary, may decide on further coronavirus diagnosis in accordance with the current relevant medical procedures.
- 3) People who plan to participate in organized laboratory classes also cannot come or undertake didactic activity at the University if they are staying at home with a person in self-quarantine or isolation or are themselves in isolation or under home epidemiological supervision.
- 4) People referred to in (...) should be aware that their behaviour when contrary to the provisions in pts. 2 and 3 may have a negative impact on the health of other people/participants in laboratory classes.
- 5) Students and PhD students participating in organized laboratory classes in closed rooms are subject to the obligation to cover their mouth and nose with their clothing or its part, a mask or a

shield, throughout the entire the time of participating in organized classes<sup>1</sup>). If it is possible to keep the required distance of 1.5 m from other people, tutors shall make the decision regarding the obligation to cover their mouth and nose by themselves.

- 6) Hands should be disinfected immediately before or immediately "after" entering the laboratory.
- 7) It is suggested that only necessary things and equipment can be brought to classes.
- 8) Only one's personal work accessories and equipment should be used - so-called "lending/borrowing" should be avoided.
- 9) Necessary personal equipment should be disinfected as often as possible. All items that are touched should be kept clean. The same applies to items in contact with many people (keys, remote controls, computer mice, keyboards, door handles - especially of entrance doors). If possible, "shared equipment" should be handled with disposable protective gloves.
- 10) The safety of cleaning staff should be taken into consideration. Used masks, gloves and tissues should be thrown away directly into a dedicated waste container.
- 11) For hygienic purposes, only disposable towels and utensils should be used. Hands should be washed with warm soapy water for at least 30 seconds in accordance with provided instructions (instructions for proper hand washing are available at each sink in the laboratory).
- 12) It is recommended to minimize the use of social rooms in the way they are normally used. It is possible to consume drinks (in bottles/cups) or meals which are brought on one's own.
- 13) When participating in organized classes, one should strictly follow instructions and guidelines given by the person conducting classes, in particular concerning the obligation to disinfect shared equipment.
- 14) In addition:
  - Restrictions resulting from the regulations on the state of epidemic issued and updated on an ongoing basis should be followed.
  - Throughout all the time remaining in the room, an appropriate/safe distance from people participating in the classes should be kept. This distance may only be reduced if local

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<sup>1</sup>Regulation of the Council of Ministers of 7 August 2020 *on the establishment of certain restrictions, orders and bans in connection with the state of epidemic* (Journal of Laws, item 1356 §24. par. 1 pt. 2c).

conditions so require and other personal protective equipment is used. Even though it is not easy, an appropriate distance in gestures and body position should be kept.

- Unless it is necessary, face, eyes, nose or mouth should not be touched,
- Each time while sneezing or coughing, the mouth should be covered with one's arm or tissue. Immediately after use, all tissues used to blow the nose or sneeze into should be thrown away into a dedicated waste container.
- In case a person has observed symptoms of a sudden respiratory infection, they should leave the place where they are and not expose others!

15) Issues not covered by these regulations and regarding epidemiological safety in connection with the ongoing epidemiological threat of COVID-19 (e.g. the use of protective masks) result directly from the current regulations issued by relevant authorized bodies.